

Physical Activity Recommendation Not Met (Adults)

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- Most recent data (2013): 78% or about 1,190,800 King County adults age 18+.
- Trend over time: 2011-13: flat
- Description: Did not meet CDC recommendations for aerobic and strengthening exercise [2-Level]
- Healthy People 2020 Goal: 80% or lower

Physical activity recommendation not met (adults), King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
AGE			
18-24	74	68	80
25-44	81	79	84
45-64	76	74	79
65+	77	74	79
GENDER			
Male	77	75	79
Female	79	77	81
RACE/ETHNICITY			
AIAN	94 §	83 §	98 §
Asian	79	73	84
Black	83	74	89
Hispanic	84	78	89
Multiple	77	66	85
NHPI	*	*	*
White	77	75	79
HOUSEHOLD INCOME			
<\$15,000	83	75	89
\$15,000 to \$24,999	84	79	88
\$25,000 to \$34,999	83	78	87
\$35,000 to \$49,999	77	71	82
\$50,000 to \$74,999	76	71	80
\$75,000+	75	72	77
REGION			
East	76	72	79
North	74	68	80
Seattle	75	72	78
South	82	80	85

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 07/2016.

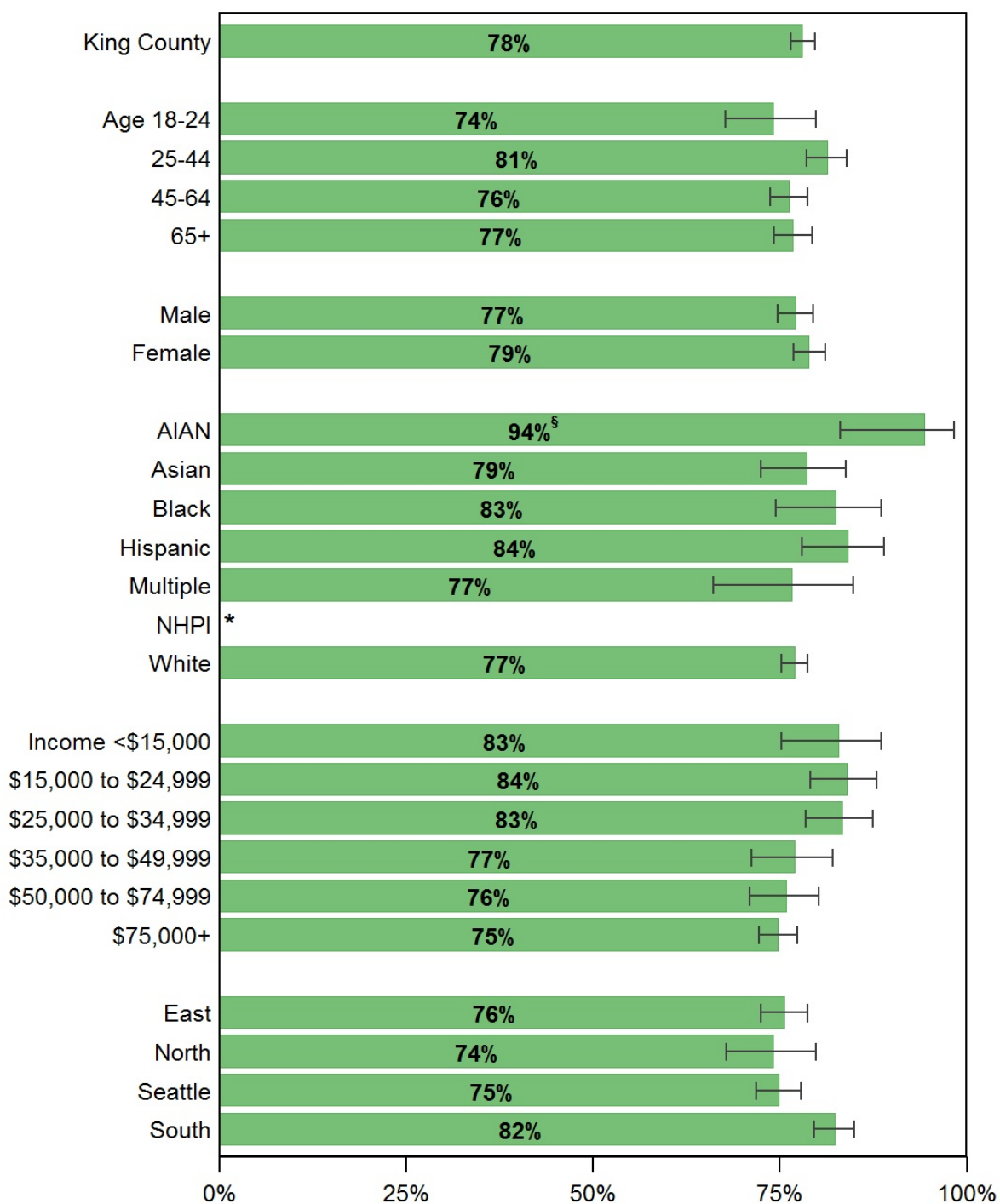
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Physical activity recommendation not met (adults) King County, 2011 and 2013 average



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[-----] Confidence interval shows range that includes true value 95% of the time.

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Physical activity recommendation not met (adults) by health reporting areas, King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
Auburn	88	81	93
..Auburn-North	91 §	83 §	96 §
..Auburn-South	83 §	68 §	92 §
Bear Creek/Carnation/Duvall	77	69	84
Bellevue	78	71	84
..Bellevue-Central	79 §	62 §	90 §
..Bellevue-NE	83	71	90
..Bellevue-South	80	68	88
..Bellevue-West	70	50	84
Black Diamond/Enumclaw/SE County	80	68	88
Bothell/Woodinville	79	67	88
Burien	89	81	94
Covington/Maple Valley	82	74	88
Des Moines/Normandy Park	71	55	84
East Federal Way	93 §	82 §	97 §
Fairwood	87 §	76 §	93 §
Federal Way	70	56	81
..Fed Way-Central/Military Rd	68	48	83
..Fed Way-Dash Point/Woodmont	74	58	85
Issaquah	78	65	87
Kenmore/LFP	67	55	78
Kent	83	76	89
..Kent-East	80 §	62 §	90 §
..Kent-SE	80	68	89
..Kent-West	92 §	80 §	97 §
Kirkland	76	67	83
..Kirkland	75	65	83
..Kirkland North	78 §	61 §	89 §
Mercer Isle/Pt Cities	71	59	80
Newcastle/Four Creeks	90 §	82 §	94 §
North Highline	*	*	*
Redmond	74	62	83
Renton	84	78	89
..Renton-East	84	73	91
..Renton-North	85 §	71 §	93 §
..Renton-South	83	73	90
Sammamish	70	60	79
SeaTac/Tukwila	81	67	90
Seattle	75	72	78
..Ballard	70	60	79
..Beacon/Gtown/S.Park	82 §	67 §	91 §
..Capitol Hill/E.lake	75	66	83
..Central Seattle	85	76	92
..Delridge	79 §	63 §	89 §
..Downtown	72	59	83
..Fremont/Greenlake	83	75	89
..NE Seattle	70	59	79
..North Seattle	78	69	86
..NW Seattle	71	57	81
..QA/Magnolia	63	50	74
..SE Seattle	87 §	77 §	93 §
..West Seattle	70	57	80
Shoreline	77	67	84
Snoqualmie/North Bend/Skykomish	75	64	83
Vashon Island	58	43	73

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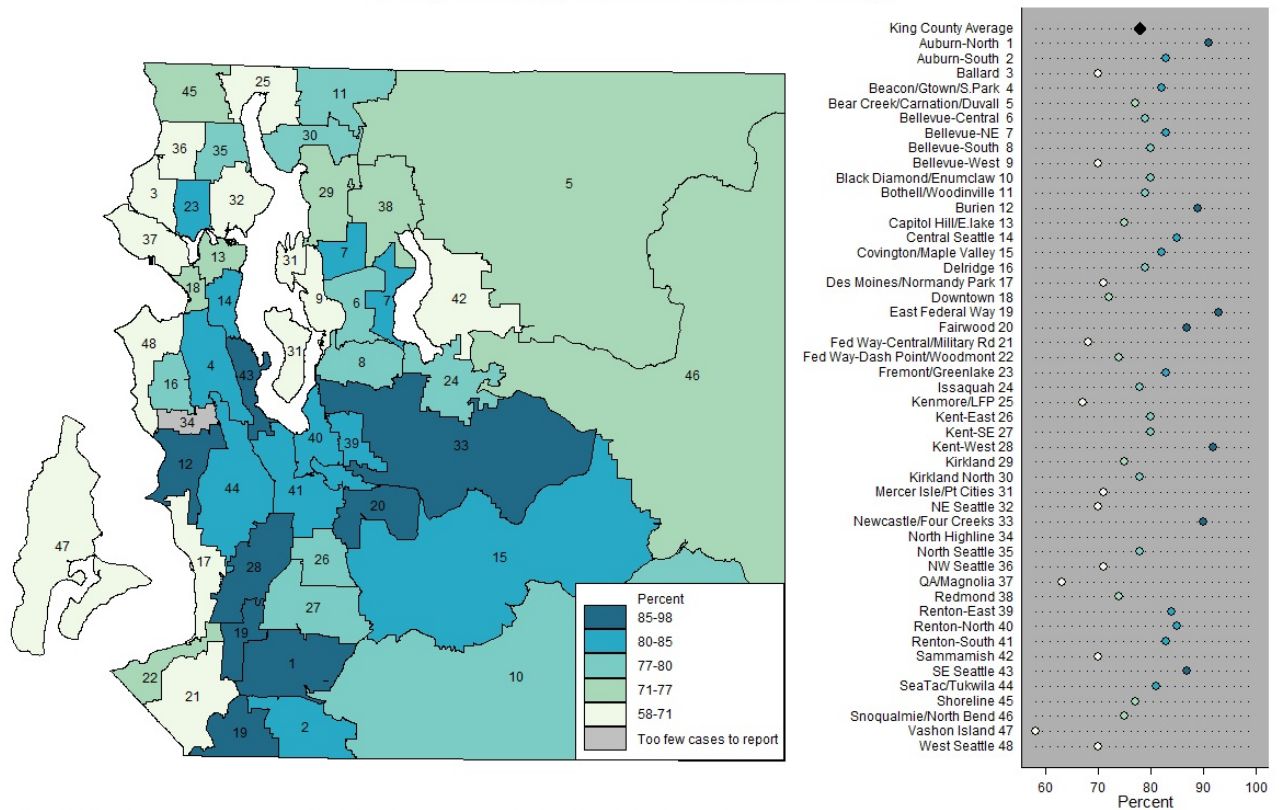
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Physical activity recommendation not met (adults) by health reporting areas King County, 2011 and 2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order

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Prepared by Public Health - Seattle & King County, APDE, 07/2016.

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